



AQUA SHOCKS SUMMER SIZZLER 2018
Grill & Chill
June 8-10, 2018

Host: Wichita Aqua Shocks

Dates: June 8-10, 2018

Sanction: Held under the Sanction of Missouri Valley Swimming, Inc. on behalf of USA Swimming, Inc., Sanction Number MV-18-54.

Location: Rock River Rapids
1900 E James
Derby, KS 67037
<http://rockriverrapids.com/224/Rock-River-Rapids>

Type of Meet: Senior and Age Group ABC Meet; no Time Standards

Course: 50-Meter, eight lane outdoor pool; Colorado electronic timing system with single line scoreboard. **The depth of the competition course is 13' 6" at the start end and 5' 0" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).**

Rule Authority: 2018 United States Swimming Rules and Regulations and 2018 Missouri Valley Swimming Rules will govern the meet. Missouri Valley Swimming Safety Guidelines and Warm-Up Procedures will be in effect. The Missouri Valley Swimming Scratch Rule will apply.

Any swimmer entered in the meet unaccompanied by USA Swimmer member must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is NOT permitted in changing areas, rest rooms, locker rooms, or any other designated areas.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

General: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Starting Times: Friday Afternoon
 - Warm-Ups: 4:00 PM
 - Meet Start: 5:30 PM
 Saturday & Sunday Morning
 - Warm-Ups: 7:30 AM
 - Meet Start: 8:45 AM
 Saturday & Sunday Afternoon
 - Warm-Ups: TBA but not before 11:30 AM
 - Meet Start: TBA but not before 12:30 PM

Eligibility: Swimmers must be 2018 members of USA Swimming. The swimmer's age as of Friday, June 8, 2018, determines their age for the meet.

Disability Swimmers: Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director and/or host club. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Coach Membership: Each coach must be able to prove to the satisfaction of the referee that (s)he holds a current USA Swimming Coach Membership, and that all certifications exist to be on deck at the meet. Current membership cards shall be displayed and visible at all times during the meet. Persons without a valid 2018 USAS Coach Membership will not be allowed access to the deck area and will not be allowed to participate in any coaching capacity.

Entries: Meet will be limited to 500 swimmers with entries on a first-come, first-served basis. No team will be split.

Entry Limit: Swimmers may swim five (5) individual events plus one (1) relay each day. Swimmers in the "8 & Under" age group may swim in "12 & Under" age group events, but may not exceed the limit of 5 individual events and 1 relay per day.

The following events will be limited to the 24 fastest Women and 24 fastest Men:

- 400 Freestyle
- 400 Individual Medley
- 800 Freestyle

Coaches will be notified if any swimmer is not entered.

If more than the maximum number of entries is received for either sex, it may be possible to exceed the entry limit only if there is less than the entry limit entered by the other sex in that event. As a result, it may be necessary to combine male and female swimmers in the same heats to allow for the most number of competitors to swim these events.

Entry Forms: Entries should be submitted via email in a Hy-Tek compatible file accompanied by entry summary sheets with all entry times shown in meters by the entry deadline to:

Steve Buehne: aquashocks@hotmail.com

with a follow up "Meet Summary" mailed by the entry date. Teams should ensure that all entries (Hy-Tek file or MVS entry forms) are accompanied with fee payment and are received by the entry deadline.

Entry Fees: \$4.50 per Individual Event
 \$7.00 per Relay Team
 \$5.00 per Swimmer Surcharge

Deck Entry Fees if empty lanes are available:

\$7.00 per Individual Event
\$10.00 per Relay Team

Payment: Make meet entry checks payable to "Wichita Aqua Shocks"

Send checks and entries to:

Wichita Aqua Shocks
1325 Hilltop Rd.
Derby, KS 67037
Phone: 316-641-4301
Email: aquashocks@hotmail.com

Entry Deadline: **ENTRIES MUST BE RECEIVED NO LATER THAN SUNDAY, JUNE 3, 2018**

Seeding: This meet will be pre-seeded. There will not be a Clerk of the Course.

The 400IM, 400 Free, and 800 Free events will require positive check-in and then be seeded. **Deck entries will be accepted unless capacity of the meet has been met.**

Check-In Rule: Swimmers shall **check-in** during Warm-Ups for the following events:

- 12-Under 400 Freestyle
- Open 400 Individual Medley and 800 Freestyle.

800 Freestyle (men and women) will be swum fastest to slowest, alternating women and men, but scored separately (13-14, Open) and limited to the top 24 men and 24 women. **Swimmers must provide their own timers and lap counters for the 800 Freestyle event.** A swimmer who fails to positive check in may be scratched from the event at the discretion of the Meet Referee.

Warm-Ups: Warm-Up lanes will be assigned. Warm-Ups will be split if necessary and teams will be advised of their warm-up times. Coaches will be notified by email of warm-up times and lane assignments.

Swimmers may not dive into the pool during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner. Entering in any other manner may result in the disqualification from one or more of the swimmer's events for that session at the discretion of the Meet Referee. Swimmers may dive during a designated sprint warm up. The referee will designate specific times when one-way starts may be executed.

During general warm-ups, the following MVS safety rules will apply:

- All lanes are general warm-up only;
- Circle swimming only;
- **Swimmers may not dive or jump into the pool, and may not use the starting blocks, or racing starts off pool edge during general warm-up. Swimmers must enter the pool by stepping in feet first, or sitting and sliding in, in a safe and cautious manner;** entering in any other manner may result in disqualification from one or more of the swimmer's events for the session at the discretion of the Meet Referee;
- No diving, use of the starting blocks, or racing starts off the edge of the pool.

At anytime during general warm-ups, the coach of a team in control of any lane may convert the team's lane into a sprint lane by:

- Removing all swimmers in that lane from the water;
- Informing coaches in adjacent lanes;
- Informing the Safety Marshal; and
- Following all guidelines for sprint lanes.

Awards: Ribbons for the top (8) finishers in each 12&U individual event for the A, B, and C classes, and 8 & Under events, and the top (3) finishers in each 12&U relay event.

Meet Director: Angela Broadrick
Email: broadrickfamily4@yahoo.com

Meet Referee: Dave Gantenbein
Email: dgrantkake@gmail.com
316-259-7844

Administrative Official: Brenda Thome
Email: bbthome@gmail.com

Safety Marshal: With assistance from the Rock River Rapids Aquatic Staff

Results: Final results will be posted on the MVS website and may include the swimmer's name, age, times and USA Swimming number.

Friday

Warm-Ups begin @ 4:00 PM – Meet @ 5:30PM

Women

1	12-U	200 IM
3	OPEN	400 IM
5	12-U	400 FREE
7	OPEN	800 FREE

Men

2
4
6
8

Saturday-AM

Warm-Ups begin @ 7:30AM - Meet @ 8:45 AM

Women

9	OPEN	200 Fly
11	OPEN	100 Back
13	OPEN	200 IM
15	OPEN	100 Breast
17	OPEN	50 Free
19	OPEN	400 Free
21	OPEN	200 Free Relay

Men

10
12
14
16
18
20
22

Saturday PM

Warm-Ups begin not earlier than 11:30 AM – Meet Starts not earlier than 12:30 PM

Women			Men
23	12-U	50 Free	24
25	8-U	50 Free	26
27	12-U	50 Breast	28
29	12-U	200 Free	30
31	8-U	50 Fly	32
33	12-U	100 Fly	34
35	8-U	50 Back	36
37	12-U	50 Back	38
39	12-U	200 Free Relay	40

All registered swimmers will be given a wristband for FREE entry to Rock River Rapids from 4:00 - 7:00 p.m. Saturday afternoon.

Sunday-AM

Warm-Ups begin @ 7:30AM - Meet @ 8:45AM

Women			Men
41	OPEN	200 Back	42
43	OPEN	100 Free	44
45	OPEN	200 Breast	46
47	OPEN	100 Fly	48
49	OPEN	200 Free	50
51	OPEN	200 Medley Relay	52

Sunday-PM

Warm-Ups begin not earlier than 11:30 AM – Meet Starts not earlier than 12:30 PM

Women			Men
53	12-U	100 Free	54
55	8-U	100 Free	56
57	12-U	50 Fly	58
59	12-U	100 Breast	60
61	8-U	50 Breast	62
63	12-U	100 Back	64
65	12-U	200 Medley Relay	66